



Crown Office and
Procurator Fiscal
Service

Non-fatal strangulation

Never safe. Never OK.

Choke • Strangle • Gag • Breath-play • Rough sex

By whatever name - there is no safe way to restrict a woman's breathing.

- Non-fatal strangulation (NFS) can cause stroke, brain damage, PTSD, depression and other lasting effects
- Prosecutors recognise NFS as a danger to life and form of coercive control
- Only four seconds of pressure on the neck can block the jugular vein.
- There is no defence of 'consent'.
- 'Rough sex' is not an excuse.

No one deserves it

Do not tolerate being strangled. Report it. Seek help.



If you are in immediate danger, call 999.

For advice or support, contact local services or
Police Scotland on 101.